

Journeys through EXPAND

Last Updated Tuesday, 29 August 2006

Fitness, Leisure and Adventure Programs for Adults with Mild Traumatic Brain Injury and other similar neurological conditions

[fall newsletter](#)

[fall programs](#)

["Endless Summer at the Rez" Benefit for EXPAND and Journeys Programs on Sept. 29](#)

[Laughter Yoga Clinic \(a benefit for Journeys through EXPAND\) on Sept. 23](#)

Mild Traumatic Brain Injury

Each year, more than 9 million people in the U.S. will suffer a brain injury and approximately 80 percent of those will be diagnosed as mild. The degree (level) of Traumatic Brain Injury (TBI) is defined in both a medical and functional manner. Medically, the degree of TBI is determined by the amount of time in coma or in Post Traumatic Amnesia (PTA) (The longer time unconscious, the more medically severe the TBI). Functionally, the outcome of TBI is determined by the ability to continue to function in ADL's including, work, school, homemaking, social interactions, and recreational/leisure activities. Many persons with TBI who are not medically diagnosed as severe can have devastating functional outcomes.

MISSION

Journeys through EXPAND provides fitness, adventure and leisure opportunities for adults who have suffered a Mild Traumatic Brain Injury (MTBI). These services promote personal challenge, increase self-esteem and growth in a supportive and safe environment. Journeys allow participants to enjoy success and rebuild confidence with others who share their MTBI experience.

GOALS

To improve strength and physical condition through a variety of fitness classes.

To improve decision making ability, cognitive functioning, and self-esteem through adventure programming.

To increase leisure awareness by providing leisure opportunities such as pottery or golf.

To rebuild a sense of community through leisure and recreation.

Programs offered:

Fitness

Yoga

Golf

Adaptive Water-ski

Adventure Trips

Pottery

Community Outings

And much more …

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Why Participate?

Our programs are affordable because we understand that recreational activities can play a major role in the healing process of MTBI.

Participants say it best

“Journey’s through EXPAND has

opened the door and given me back my

self confidence since my accident 6 years

ago. It is a supportive environment and

I feel safe to challenge myself and I am

not afraid of being judged.”

- Anonymous

HOW TO HELP

Journeys through EXPAND is funded through grants and donations. If you would like to donate or know of some funding opportunities, please let us know. Without the help of generous donors and people like you, the program would not be able to serve many people with MTBI.

THE STAFF

Each program will provide staff who have worked with clients with MTBI. Staff may consist of a Certified Recreational Therapist, a Certified Fitness Trainer or other professionals providing education, instruction, and support. Our staff strive to meet your physical, emotional, psychological and spiritual challenges in a safe and structured environment.

Sign up for our Journeys e-mail list!

Further information:

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